



## The ultimate luxury and action packed mini break to Cornwall - that definitely won't break the bank

**Stressed-out city workers can now experience a luxury Cornish Nano-break costing less than 200 pounds and less than 200 minutes travel time.**

Thanks to a new collaboration between the St Moritz Hotel and Air Southwest, those seeking a refreshing mini-vacation can take advantage of a package which includes a free flight on the new London City to Newquay Cornwall Airport link complete with the option of checking in a mere 20 minutes prior to departure\*. A short flight and a quick transfer later, the St Moritz Hotel near Rock is the perfect place to kick back and unwind in one of the UK's most stunning settings.

Recent stats show that British travellers are reducing the length of their trips in a bid to keep taking breaks during the economic downturn. With demand for one-night stays on the increase, the £15 million St Moritz Hotel - one of the Conde Nast Traveller Hot List properties for 2009 - and Air Southwest have joined forces to create this unique, unbeatable package.

On arrival, guests can either head on out for a reviving coastal walk or relax in the hotel's Hamman-style steam room, sauna, pool, gym or stylish outdoor heated pool. This can all be followed with an afternoon surf lesson in the capable hands of the best instructors in the business on nearby Polzeath Beach. After an action-packed or laidback experience, any thoughts of work or normal life will be completely dissolved and a delicious three course dinner will provide the perfect end to the day in the acclaimed St Moritz Restaurant.

After a deep slumber in the famous St Moritz 'sleeping beauty' beds, day two will see guests enjoying a relaxing breakfast, followed by a treatment in celebrity favourite The Cowshed spa. They are then free to make the most of all the natural wonders on their doorstep, take the charming Rock-Padstow ferry over to Rick Stein's renowned spot, or simply kick back with a board

game, a good book or a glossy magazine. If they can manage to tear themselves away from their holiday home-for-home, they will then be transferred back to Newquay Cornwall Airport for their short flight home.

"We know just how far away from the strains and stresses of life a break at the St Moritz Hotel makes people feel," says St. Moritz Hotel Managing Director, Hugh Ridgway. "Lots of our guests say that a one night stay here feels much more like a long weekend so our Nano Break with Air Southwest offers them the chance to maximise their time and make the most of their budget."

Air Southwest Managing Director Peter Davies adds, "Our new London City flight makes it easy for people to say goodbye to the capital and hello to the coast in no time at all. Hooking up with a hotel as stunning as the St Moritz means our clients can have the ultimate short break, flying in and out of London with ease."

To book the Nano Break people should contact St. Moritz Hotel 01208 862242

For more information on the hotel please see [www.stmoritzhotel.co.uk](http://www.stmoritzhotel.co.uk)

For further information on Air Southwest please see [www.airsouthwest.com](http://www.airsouthwest.com)

\*Hand luggage only. Hand-Baggage allowance on Air Southwest Flights; 7kg hand-baggage allowance may be more than one piece, but each piece must be no bigger than 53cm x 34cm x 22cm. In addition a laptop, in its case, may be carried.

**The Nano Break including complimentary flights from the St Moritz with Air Southwest costs £199 runs Mon-Fri subject to availability. Air Southwest flights that can be used for the Nano Break are Mon-Thurs SZ664 departing LCY 0925 Tues-Fri SZ667 departing NQY 1625.**

01208 862242

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See the next page for the itinerary..

HOTEL  
CORNWALL  
**ST MORITZ**



## The Nano Break itinerary

### Day One

#### 9:25am

Depart London City Airport on your free Air Southwest flight (20 minute check-in –no stress! Start relaxing now!)

#### 11:15am

Arrive Newquay and get picked up by your transfer from Newquay Airport and whizz through Cornish countryside on the short journey to the hotel

#### 1:00-2:00pm

Chilled walk on the coastal path right outside your hotel

#### 3pm – 5:30pm

Transport to Polzeath Beach to meet with Wavehunters for your surf Lesson\*\* (alternative activity options available should you wish – this must be reserved at time of booking)

#### 6pm – 8pm

Return to St Moritz Hotel - Relax in the St Moritz Leisure Suite; Hamman style steam room, sauna, pool, gym and stylish outdoor heated pool- the choice is yours!

#### 8pm

3 course dinner in the acclaimed St Moritz Restaurant  
Head to bed for a big sleep knowing you don't have to rush to get up in the morning!

### Day Two

#### 8am-11:00am

Relax in bed then enjoy breakfast in the restaurant. Choose from the extensive St Moritz breakfast menu including full continental and cooked breakfast options

#### 11:00am-2:30pm

Find out why the celebs love The Cowshed spa so much with your choice of a treatment (pick from a manicure, pedicure, massage, facial, or special salt scrub – must be reserved at time of booking)

#### 2:30pm

Meet in The bar and enjoy a farewell cocktail

#### 3:30pm

Transfer from St. Moritz to Newquay Airport

#### 4:50pm

Depart Newquay Airport on your free Air Southwest flight and arrive at 6:35pm at London City Airport with a contented smile upon your face!

\*Hand luggage only \*\*Subject to weather Nano breaks are available Monday-Thursday and are subject to availability.

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